

July 2023

# ENRICHMENT

THE INSIDER'S GUIDE TO FAYETTE SENIOR SERVICES LIFE ENRICHMENT CENTER

FAYETTEVILLE | PEACHTREE CITY



## We Just Click

Take advantage of the beautiful FSS garden for a morning outside with professional photographers capturing your smile!

## Can You Escape?

This incredibly fun mobile escape room is headed to FSS. Can you figure out the clues and escape the room in time?

## Say Cheese

Take a bite of this cheesy goodness with a delicious recipe for cheddar garlic mashed potatoes.

*Live Well. Age Well.*

# Low Country Boil

Fayetteville location  
4 Center Drive  
770.461.0813

Friday, September 29  
5 p.m. to 8 p.m.

**Tickets | \$20**

Bring out your ragin' cajun side  
for an evening of dancing and a  
delicious low country feast!

Event Sponsored By:



# July

## featured

### A Shining STAR Among Us 10

If you've had the pleasure of meeting volunteer Benjamin Bullard, you'll understand why we're raving!

### All About that Mashed Potato Life 11

Don't miss out on this perfect combination of flavors coming together to bring us the most amazing mashed potatoes!

### A Picture Perfect Moment 15

Our volunteers have created a gorgeous garden through lots of hard work! Get your photos taken in our lovely space.

### Crack the Clue and Escape the Room 15

You'll love this fun, interactive mobile escape room game that has you beating the clock to get out and win!

## in every issue

About FSS 4

Supportive Services 5

Meet Our Staff 6

Membership & Center Info 6-7

Coming Soon 8

Free Stuff - Every Day! 12-13

Special Events 15

Classes & Programs 18-29

## 2023 HOLIDAY CLOSINGS

Independence Day.....	July 4, 2023
Labor Day.....	September 4, 2023
Thanksgiving.....	November 23, 2023
Thanksgiving.....	November 24, 2023
Christmas.....	December 25, 2023
Holidays .....	December 26, 2023
Holidays .....	December 27, 2023
Holidays .....	December 28, 2023
Holidays .....	December 29, 2023



## ABOUT US

Since 1978, Fayette Senior Services, Inc., (FSS) an independent, nonprofit, 501(c)(3) organization, has been providing a wide array of life enriching services to Fayette County residents age 50 and better. Fayette County, Georgia, is home to one of the fastest growing senior populations in metro Atlanta – and the age 50+ population segment is projected to grow an astonishing 450% by 2040. This statistic alone makes our mission — to make a meaningful difference in the emotional, social, and physical well-being of older adults — all the more critical. By fostering independence, improving quality of life, and enhancing the community connection, the programs and services we provide are an essential part of our community.

Not-for-profit FSS enjoys a unique public/private partnership with Fayette County government. Through this agreement we provide a variety of supportive services such as Meals On Wheels, Transportation, In-home Personal Care/ Homemaker Services, Care Management, Information Assistance, and more. We could not do that without our government partners; however, we believe it is our responsibility to complement the public support to ensure we can continue serving Fayette’s seniors for generations to come. Therefore, we feel it’s important to note that less than half of our revenue comes from sources other than federal, state, and local governments.

Fayette Senior Services is recognized as a model of sustainability and social entrepreneurship among peer organizations and non-government funders. Although we are proud of this recognition, we could not do all that we do without the support from charitable donors, center members, volunteers, grantees, and the community that so generously supports our fundraising efforts.

The aging transition can be paved with a broad spectrum of challenges. However, it can also prove to be rich with opportunities. The key to “aging well” is knowledge. When it comes to addressing those unique needs, Fayette Senior Services Life Enrichment Center is the one-stop shop for empowering older adults to live well and age well.

Our Life Enrichment Centers in Fayetteville and Peachtree City are uniquely different from traditional senior centers. Our beautiful facilities are a vibrant place where adults age 50+ come to socialize with friends, enjoy a great meal in our Ultimate Café, re-energize their bodies, exercise their minds, and lift their spirits.

To make sure our programs and activities are within easy reach to more seniors, we are proud to have established a community partnership with the city of Peachtree City. We also offer many programs and activities in Peachtree City at the Gathering Place (next to “The Fred” Amphitheater).

We are proud to be making life better in our community.  
The Fayette Senior Services Staff

Members can enjoy Fayette Senior Services Life Enrichment Center activities in two great locations. Membership includes both of our locations and we encourage everyone to take advantage of all we have to offer at each place!

### **Fayetteville Location:**

4 Center Drive  
Fayetteville, GA 30214  
Phone: 770-461-0813  
Fax: 770-461-2448  
M-F 7:30 a.m. to 4 p.m.  
(Same complex as the Fayette County Justice Center)

### **Peachtree City Location**

#### **The Gathering Place:**

203 McIntosh Trail  
Peachtree City, GA 30269  
Phone: 770-461-0813  
M-F 8:30 a.m. to 4 p.m.  
(Same complex as the Frederick Brown Jr. Amphitheater)

### **Visit us at our website:**

[www.fayss.org](http://www.fayss.org)

## **BOARD OF DIRECTORS**

CHAIRMAN | Dan Vano

VICE CHAIRMAN | Stephen Childs

TREASURER | Kim Schnoes

SECRETARY | Martha Teal

DIRECTOR | Rev. B.A. Jackson

DIRECTOR | Bob Reeves

DIRECTOR | Carol Davis

DIRECTOR | Sharon Brooks

DIRECTOR | Donnie Davis

DIRECTOR | Paige Muh

DIRECTOR | Bubba Ruppe

DIRECTOR | Lynn Black

# When You Need a Little Help From Some Friends...

We offer supportive services that make a meaningful difference in the emotional, social, and physical well-being of older adults by preserving their independence, improving their quality of life, and connecting them to the community.

## Meals On Wheels

Meals on Wheels is a needs-based program for homebound or semi-homebound seniors who are unable to provide themselves with regular nutritious meals due to physical or financial challenges. The service also connects homebound seniors to the community through daily social contact, which also helps to ensure their well-being.

## AniMeals

To many homebound seniors, having a pet is a source of companionship and comfort. The AniMeals™ program is designed to give our Meals On Wheels clients a little help with the cost of pet food to make sure that maintaining that important bond isn't an added burden.

## STAR Program (Seniors Together After Retirement)

Our STAR program offers individuals 60 and older an opportunity to come together for socialization, recreational activities, health and wellness classes, and a nutritious meal in our Ultimate Cafe. Transportation to and from the Center may also be available to eligible participants.

## Transportation

For older adults who no longer drive, getting to essential medical appointments, to the pharmacy, to church or to the grocery store can be a challenge putting their health and well-being at risk. We provide safe



and affordable door-to-door transportation options. Wheelchair assistance available.

## In-Home Personal Care/Homemaker Services

This service enables older adults to remain living independently by providing compassionate care from trained personnel who perform simple homemaker and/or personal care tasks, such as light housekeeping or assistance with bathing. Delivered with the utmost personal respect and dignity, our services can also bring much needed respite to caregivers.

## Care Management

Our professional staff of social workers helps older adults make informed decisions to enhance independent living and quality of life. Our Care Managers offer consultations, assessments, and follow-up to assist individuals and families in planning and care. We also provide invaluable support to caregivers.

## Medical Equipment Lending

We lend gently-used medical equipment to individuals, families and caregivers. Equipment is loaned on a first-come first served basis.

Eligibility requirements apply for some programs. Some services may be provided free of charge or based on a sliding scale of income. Tax deductible donations welcome for services. Contact us at 770-461-0813 for more information.

# Meet Our Staff!

## ADMINISTRATION

Nancy Meaders  
President & CEO

Dan Gibbs  
Director of Operations

Morgan Lanier  
Program Development  
Coordinator

Deana Wright  
PTC Center Coordinator

Marilyn Walker  
Member Services PTC

Paul Hives  
Technology Development

Lynne Leatherman  
Finance Officer

Amber Oliver  
Center & Volunteer  
Coordinator

## THE ULTIMATE CAFÉ

Ashley Loggins  
Executive Chef

Pedro Cruz  
Sous Chef

Hunter Bailey  
Café Assistant

Callum Nichols  
Café Assistant

Carol Rowell  
Café Assistant

Debi Quinnett  
Café Assistant

Alexis Jones  
Café Assistant

## MEALS ON WHEELS

Natalie Hynson  
Meals On Wheels  
Coordinator

## CARE MANAGEMENT

Natalie Hynson  
Care Manager

Iris Harris  
Care Manager

Angie Hotard  
Care Administrator

## TRANSPORTATION

Jeff Wix  
Transportation Manager

Adrienne Bellantoni  
Transportation Coordinator

Roger Grandt  
Driver

Jane Rode  
Driver

Jan Perkins  
Driver

Dennis Duke  
Driver

Harold Gunnin Jr.  
Driver

Cheryl Hembree  
Driver

Terry Billingsley  
Driver

Paula Byram  
Driver

Sabrina Bazydlo  
Driver

Laurie Brasher  
Driver

Phil King  
Driver

Alan Simmons  
Driver

Charlie Hawkins  
Driver

Donna Johnson  
Driver

Michael Dixon  
Driver

John Felbinger  
Driver

Yolonda Finch  
Driver

## Membership

Our nominal annual membership fee helps Fayette Senior Services (FSS), a non-profit 501(c)(3) organization, sustain its operations, programs and services in order for us to maintain our beautiful facilities and continue to offer great programs and café services at a great value to our members. For more information about FSS, please contact the center administrator.

Membership Dues: \$30 for Fayette County residents (\$90/out-of-county)\*. Membership applications **must be made in person** and are available at the reception desk in both FSS locations. **We regret that we cannot accept mail-in applications. Photo ID/Proof of residency required.**

**Volunteers are eligible for a FREE membership after 75 hours of service per 12 months.** Fayette Senior Services accepts VISA, MASTERCARD and DISCOVER cards.

\*No one is excluded for inability to pay. Complimentary memberships can be arranged with a care manager. Please call Iris Harris Care Manager, 770-461-0813 ext. 116 for information or arrange for a confidential meeting.

As we create more opportunities to enrich the lives of older adults in the community, your rewards of being a Fayette Senior Services Member grow as we do. Your membership will be honored at both our Fayetteville and Peachtree City locations.

# Membership Has Its Rewards

Just show your FSS membership card at these retailers and receive discounts:

## BLB Handyman Services

Ben Bosworth  
(678) 777-0871

Receive a 10% discount off services with a valid FSS membership card. Ben is a local fireman and the owner and operator of BLB Handyman Services, LLC. Serving Fayette and Coweta county.

## TRINITY Services of Georgia, Inc

Electrical contractor/Low-Voltage Contractor  
Ben Miller  
(770) 402-0181

Helping to meet your residential, industrial and commercial electrical needs. 10% off all parts involved with service work with valid FSS membership card.

## Tom's Pest Control Co.

(770) 487-9506

Receive 10% off all services from Tom's Pest Control Co. with a valid membership card.

## TCBY

532 Crosstown Drive in Peachtree City.  
(770) 631-9803

10% off your purchases when you show a valid FSS membership card.

## Jolly Technologies

(678) 653-5169

Receive \$10 discount/hour (total: \$65/hour) off services for computer maintenance when you show a valid FSS membership card.

## Visiting Guests

We welcome visitors to our center, but ask guests to check in at the reception desk so we can provide a tour, answer questions, and track the number of visitors to our center. We welcome groups to visit our center for a tour and lunch, but to better serve you, please call 770-461-0813 in advance! Guest is not a substitute for membership! If a member-eligible guest has more than two visits to our center, we ask they become a member to continue enjoying the center.

## 2023 Transportation Sponsor



# The Fitness Center

- Fayetteville -  
Monday-Friday  
7:30 a.m. to 4 p.m.

The fitness center is open to members for only \$10 per month. Our fitness center is a great place to get fit, enjoy friends & maintain a healthy lifestyle.

# The Ultimate Café

- Fayetteville -

Our dining services are for members only. It's one of the many benefits of membership! Members may bring guests to the café, but we ask that all guests sign in at the front desk before dining.

## Breakfast

Monday through Friday  
8:30 a.m. to 10 a.m.

Hot breakfast item served every day  
Enjoy a choice of continental breakfast items

(cereal, muffins, bagels, fruit, juice, milk).  
Pricing is á la carte, plus tax.  
Coffee and tea are complimentary.

## Lunch

Monday through Friday  
11:15 a.m. to 1 p.m.

Choose from two chef-prepared hot entrees, side dishes, soup du jour, small garden-fresh salad, choice of desserts or fruit. Pricing is á la carte, plus tax. Beverages are included with any meal purchase (iced tea, coffee, and water).



**2023 CPR/AED/FIRST AID TRAINING SPONSORED BY:**



## Coming Soon...

### August 2023

#### Island Fever Luau

Peachtree City | Thursday, August 24  
5 p.m. to 8 p.m. | \$15

*Shake off your grass skirts, dust off your ukuleles, and turn up those island records for a wonderful evening, aloha style. Sponsored by Aberdeen Fine Properties and SouthCare Cremation and Funeral Society.*

### September 2023

#### Low Country Boil

Fayetteville | Friday, September 29  
5 p.m. to 8 p.m. | \$20

*Fill your plates, bring out your Cajun side, and get those crab claws crackin'! It's time to have a ragin' Cajun good time at our Low Country Boil! Event sponsored by Sonder Health Plans, Heritage Bank, and Kaiser Permanente.*

### October 2023

#### Oktoberfest

Fayetteville | Thursday, October 26  
5 p.m. to 8 p.m. | \$15

*Gutten tag y'all! It's Oktoberfest in the South. Enjoy an evening of Polka music and fill your bellies with authentic German cuisine. Event sponsored by State Farm – Agent Mark Gray, Senior Helpers, and SouthCare Cremation and Funeral Society.*

*\*All events are subject to change in date/time.  
Stay tuned for more details!*

## Miriam's Fitness Corner

### Happy 'Independence' Days

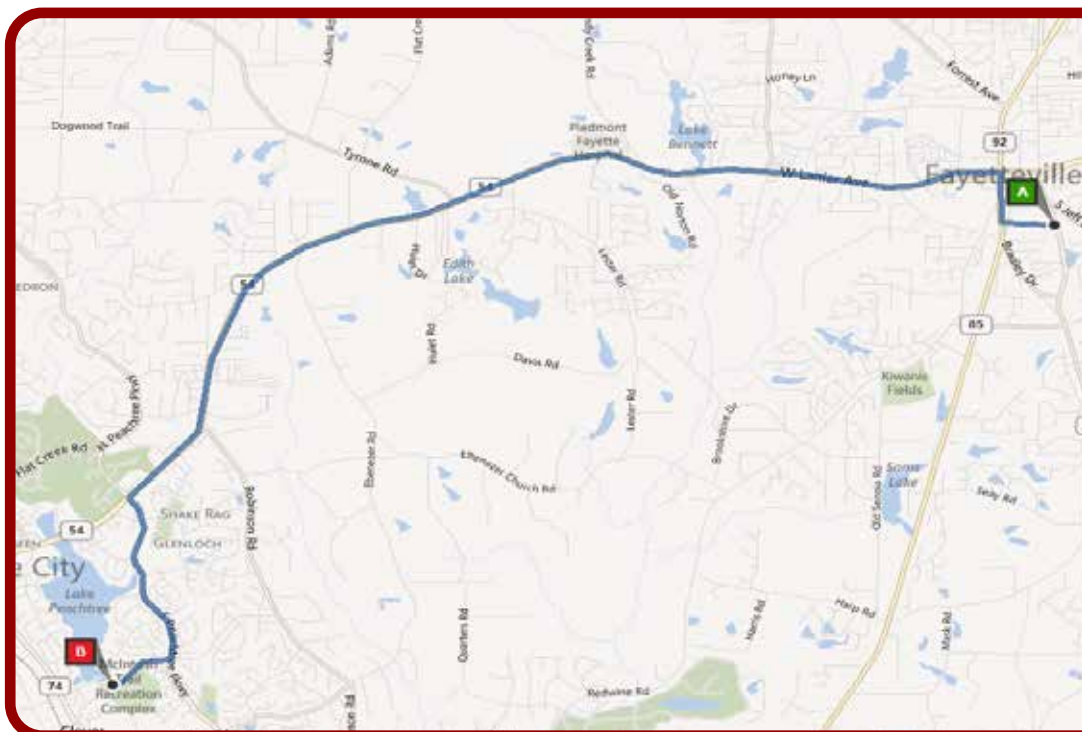
Are you a senior living and thriving independently? If so, good for you! You're in excellent company and are among a whopping 12 million other remarkable Americans over the age of 65 solely and fiercely occupying their domain. It is my wish that you continue to do so for as long as possible. For this reason, I've compiled a few tips and/or reminders to help keep you safe and happy the rest of your independent days:

1. Fall proof your home. "The Institute of Aging estimates that one in four seniors fall every year." This is not to be taken lightly. Research has shown that falls are the leading cause of fatal injury and the most common cause of nonfatal traumatic hospital admission for seniors. Therefore, ensure all tripping hazards are removed from walkways. Invest in large slip free mats or carpet for in-home hard surfaces like bathroom or kitchen. Place night lights throughout your home in case you have to get up during the night. Engage in exercise classes like stretch or yoga that address flexibility and balance so your body is strong, prepared and can catch itself in case you trip or start to fall.
2. Place a flashlight, batteries, candles and lighter in designated spots on every floor in case of power outage. Additionally, know where and how to reset the breaker or power box if necessary.
3. Keep a phone charger in your 3 most occupied rooms (even if you still have a land line). Ex: bedroom, tv room, kitchen. This way, your phone is always charging and a dead cell phone during an outage is one less thing to worry about.

If you already have these things covered, kudos. If not, let's put them into motion. Stay tuned for next month as the conversation continues. I'll have 4 more tips to enhance your happy independence days.

## Need Directions?

### How to get from FSS Fayetteville to FSS Peachtree City.



1. Head west on Center Drive towards GA-85/Glynn Street S.

3. Continue Straight onto Melear Way.

3. Turn Right onto GA-85/Glynn Street S.

4. Turn left onto GA-54 S/E Lanier Ave.

5. Turn left onto S Peachtree Parkway

6. Turn right onto McIntosh Trail

Destination will be on the left





# Garden Club

Plant your roots with Fayette Senior Services

IF YOU HAVE A GREEN THUMB AND ENJOY GARDENING, VOLUNTEER WITH OUR FSS GARDEN CLUB!

Free membership with 75 hours of volunteer service



FOR MORE INFORMATION, CONTACT  
AMBER OLIVER | AOLIVER@FAYSS.ORG



Deliver A Difference

## VOLUNTEERS NEEDED

Our Meals on Wheels team is looking at add an additional route to our program! In order to make this happen, we are in search of 5 new volunteers to make this possible! You can deliver a difference to homebound seniors.

- ✔ 1 day a week for 1 to 2 hours (between 10:30-12:30)
- ✔ Create connections with homebound seniors
- ✔ Weekly drawing to win gas gift card

For more details, contact Amber Oliver at [aoliver@fayss.org](mailto:aoliver@fayss.org) or 770-461-0813



**JOIN OUR MEALS ON WHEELS TEAM**

 [www.fayss.org/volunteer-application](http://www.fayss.org/volunteer-application)

# Dear Volunteer, You Make a Difference!

A STAR Among Us

Written By: Amber Oliver



At FSS, our STARs program offers individuals 60 and older an opportunity to come together for socialization, recreational activities and meals. One of our valuable volunteers that make the STARs program so exceptional is Benjamin Bullard. Benjamin has been with FSS for 4 years and says “I love helping and serving people and I can’t just sit home all day.”

Benjamin grew up in Philadelphia, PA with 2 brothers and a sister. His father was a US Postal Service Manager and his mother was a seamstress. As kids, he and his siblings enjoyed bike riding, going to the movies, camping trips, basketball and football. After graduating, he attended the US Air Force Health Sciences Tech School and Baltimore City College. Benjamin has 5 children and 6 grandchildren who he loves and enjoys spending time with. Last year, he married Janet, who he met in the U.S. Air Force.

He enjoys music and plays the drums. Other hobbies include swimming, tropical fish, family gatherings, history, going to jazz

festivals and traveling. I asked Benjamin if he was stranded on a desert island what 3 items he would want with him. “My bible, fresh water, and plenty of food”.

STARs participants have nothing but glowing remarks to say about Benjamin. “He’s handsome but married, talented, funny, kind, handsome but married, thoughtful, caring, a snappy dresser, loves cookies, handsome but married.” We couldn’t help but laugh when so many mentioned he was handsome but married! They even shared that every Monday, when the Eagles were in the playoffs, Benjamin would don his Philadelphia Eagles jersey with pride to cheer on his home team. Clearly, he leaves an impression on those he interacts with, and the STARs are no exception to that. When we spoke to them about Benjamin, it was obvious how much he means to them and just how much he does for them. He is so appreciated by everyone!

Iris Harris, one of our Care Managers, told me that Benjamin always makes each individual he meets feel special. The STAR participants enjoy their time with Benjamin when he joins them for chair volleyball or calls numbers for their Bingo games. I was even told there was a STAR vs. Benjamin ritual that involves him being bopped with a pool noodle...hmmmm...we are going to have to unravel this mystery by getting more details from the STARs!

Benjamin enjoys bringing happiness and making people smile, that is obvious to anyone who meets him. Thank you Benjamin for doing just that for our STARs, FSS, and our community. You are truly adored by our members and by us.

# From Our Kitchen To Yours

## Cheddar Garlic Mashed Potatoes

Enjoy this delicious recipe to try at home from the kitchen of the Fayette Senior Services' family!



Photo by Taste of Home

### Ingredients

- 3 cups hot mashed potatoes (suggested for quick assembly - Idahoan 4 Cheese Instant Mashed Potatoes)
- 1 cup sour cream
- 1 1/2 cups shredded cheddar cheese
- 1/8 teaspoon garlic powder
- 1 1/3 cups French's Cheddar French Fried Onions

### Directions

- Heat mashed potatoes, sour cream, 1 cup cheddar cheese, and garlic powder until cheese melts
- Spoon into a 2 quart baking dish
- Top with 1/2 cup cheese and french fried onions
- Bake at 375 degrees for 10 minutes or until hot and golden brown

*Enjoy*

**Join us in the Ultimate Cafe in Fayetteville!**

#### Breakfast:

Monday through Friday 8:30 a.m. to 10 a.m.  
Hot breakfast item served each day  
(*a la carte pricing plus tax*)

#### Lunch:

Monday through Friday  
11:15 a.m. to 1 p.m.  
(*a la carte pricing plus tax*)



## MEMBERS CAN ENJOY FREE ACTIVITIES EVERY DAY.

As a member, there are many membership benefits available to you, including a variety of FREE activities...every day! Not big on classes or group activities? No problem! Many members enjoy the use of both Fayetteville and Peachtree City locations to relax, read a book, meet friends, or just grab a cup of coffee. In addition, we always have a schedule of free programs on the calendar (see our monthly events section). It pays to be a member!

### IMPORTANT INFORMATION TO FITNESS STUDENTS

Some fitness classes are free to center members while some have a fee. We also have a fitness center housing many workout machines and equipment, however, an orientation must be done prior to starting. \*Please check with your doctor before starting any new fitness program. "We Card!" Please help us preserve your member benefits...be prepared to show your member ID card when asked. Thank you.

## Free in Fayetteville

### Mondays

**Sit and Get Fit:**

10 a.m. to 10:40 a.m.

**Canasta:**

8 a.m. to 12 p.m.

Regular and Hand & Foot

**Advanced Bridge:**

2nd Monday of month

10 a.m. to 3 p.m.

**Mexican Train****Dominoes:**

12:30 p.m. to 3 p.m.

**Sit and Stitch:**

1 p.m. to 4 p.m.

**Chess Club:**

1:30 p.m. to 3 p.m.

**Bid Whist:**

1:30 p.m. to 4 p.m.

### Tuesdays

**Pinochle:**

9 a.m. to 12 p.m.

**Uno:**

10 a.m. to 12 p.m.

**Scrabble:**

12:30 p.m. to 4 p.m.

**Tuesday Bridge Club:**

1:30 p.m. to 4 p.m.

**Phase 10:**

1 p.m. to 4 p.m.

### Wednesdays

**Sit and Get Fit:**

10 a.m. to 10:40 a.m.

**Canasta:**

8 a.m. to 12 p.m.

**Blood Pressure Check:**

10 a.m. to 11 a.m.

**Rummikub:**

12:30 p.m. to 2:30 p.m.

### Thursdays

**Canasta:**

8 a.m. to 3 p.m.

**Uno:**

10 a.m. to 12 p.m.

**Blood Pressure Check:**

10:30 a.m. to 12 p.m.

**Sit and Stitch:**

1 p.m. to 4 p.m.

**Bunco:**

1:15 p.m. to 4 p.m.

### Fridays

**Sit and Get Fit:**

10 a.m. to 10:40 a.m.

**Canasta:**

8:30 a.m. to 12 p.m.

**Mexican Train****Dominoes:**

12:30 p.m. to 3 p.m.

**Scrabble:**

12:30 p.m. to 4 p.m.

**Bid Whist:**

1:30 p.m. to 4 p.m.

### *Calling all pool sharks!*

Practice your skills and have fun playing billiards. Join this fun group of friends who have made the pool room their second home! Enjoy some friendly competition and banter any day of the week during our regular business hours.

**Men & women welcome!**

# Free in Peachtree City

The Gathering Place location in Peachtree City has a room located in the building right next door to it. Some classes are held in that room throughout the week. Please call 770-461-0813 to check or stop by the front desk and we will point you in the right direction.

## Mondays

### Morning Stretch:

9 a.m. to 10 a.m.

### Blood Pressure Checks:

9:45 a.m. to 10:30 a.m.

### Intermediate Social

### Bridge Free Play:

12 p.m. to 4 p.m.

### Canasta:

12:30 p.m. to 4 p.m.

## Tuesdays

### Happy 2Soms:

3rd Tuesday of month

2 p.m. to 4 p.m.

This group meets monthly to play bingo.

## Wednesdays

### Morning Stretch:

9 a.m. to 10 a.m.

### Marathon Bridge:

2nd Wednesday of month

10 a.m. to 2 p.m.

### Social Duplicate Bridge:

1st, 3rd, and 4th Wednesday

10 a.m. to 3 p.m.

### Mahjong:

12 p.m. to 4 p.m.

## Thursdays

### Intermediate Social

### Bridge Free Play:

11 a.m. to 3 p.m.

## Fridays

### Morning Stretch:

9 a.m. to 10 a.m.

### Mahjong:

12 p.m. to 4 p.m.

### Canasta:

1 p.m. to 4 p.m.

### Game Day:

1 p.m. to 4 p.m.

## Turn the Pages!

Check out the collection of books and magazines from all genre. Available for pick up at both our Peachtree City and Fayetteville locations! Have some you aren't using? We are currently accepting book donations.



Members with 180 Degree Farm owner Scott Tyson.



Members from the crochet group showing off their project!

# Rules, Regulations & Cancellation Policies

Register early! Many of our classes are extremely popular and fill up quickly! All classes have a class-size limit that varies with each class. All classes – free or fee-based – require registration unless otherwise noted. Any applicable fees must be paid at the time of registration, or you are not considered registered for the class.

**REGISTRATION:** Please stop by the Fayetteville or Peachtree City location or call the Center receptionist to register for classes. All fees are payable in advance – cash, check, or credit card.

**CANCELLATIONS:** Fayette Senior Services reserves the right to cancel any class due to insufficient registration or at the instructor's request. If cancellation is necessary, anyone already registered will be notified and receive a full credit to their account. Please note that some classes have specific registration deadlines.

**WAITING LIST:** All classes, activities, trips, and special events are offered on a first-come, first-served basis. If a class or activity is full, you may be placed on a waiting list.

**REFUNDS:** Refunds will be issued if registration is cancelled by the participant up to 5 working days prior to the start date. Any event costs incurred will be deducted from the requested refund in addition to a 10% administration fee. No refunds awarded after that deadline. Refunds will be issued in the form of an FSS credit towards future program registration or membership dues.

**CLASSROOM PARTICIPATION REQUIREMENTS:** Participants must be mobile as well as physically, mentally, and medically able to participate without disruption in any class or activity. Fayette Senior Services reserves the right to evaluate participants to determine an individual's participation ability. Some classes require a medical release and/or a fitness readiness questionnaire.



Some of our wonderful, hardworking garden volunteers!



Members being pampered getting nails done at the center.

# Special Events



## Red, White & Food

PEACHTREE CITY  
Friday, July 14  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Life's short, eat the dessert! Come on over for an afternoon of fun, complete with delicious sweet treats from the Fayette Senior Services' kitchen crew, music and games! If you've been to the café and enjoyed a dessert from there, you know how mouthwatering they all are. Get a taste of it all as Bridgeway Home Health sponsors this dessert social, complete with some themed red, white, and blue treats. After all, you dessert it!



## A Picture Perfect Snapshot

FAYETTEVILLE  
Wednesday, July 26  
9 a.m. to 11 a.m.  
FREE  
Member exclusive  
Pre-registration required

Dawn and Eric Richards are sharing their talents with the members of FSS! Thanks to Richards Imaging and Photographic Services and our garden volunteers who have created a gorgeous area to take photos. We'll be taking things outside for a gorgeous summer morning. Enjoy this unique opportunity to get a few professional photos done out in the FSS garden. You must be an FSS member to register for a 10-minute time slot, but feel free to invite people to join you. Have your photos taken solo or with a spouse, family, grandkids, friends, or a furry companion! Photos will be edited and sent to us within a few weeks of the session for you to enjoy for years to come!



Photo by Jose and Roxanne via Flickr

## Mobile Escape Room

FAYETTEVILLE  
Thursday, July 27  
1:30 p.m. to 2:30 p.m.  
\$15  
Members and non-members  
Pre-registration required

Let the games begin! Can you escape in time? Put your mind to the test with this fun, interactive, and fast-paced game of logic and riddles. Can you escape the room and get out on the other side? This Curse of the Mummy Egyptian themed mobile escape room is filled with multiple puzzles for you to solve. Crack the case to be the ultimate escape room champ! Grab a group of friends or we'll pair you with others during each 10-minute time slot.

Sunday							Monday							Tuesday							Wednesday						
<p>June 2023</p> <p>S M T W T F S</p> <p>1 2 3</p> <p>4 5 6 7 8 9 10</p> <p>11 12 13 14 15 16 17</p> <p>18 19 20 21 22 23 24</p> <p>25 26 27 28 29 30</p>							<p>August 2023</p> <p>S M T W T F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31</p>																				
<b>2</b>							<b>3</b>							<b>4</b>													
							<p><i>A Surrender for the End pg. 22</i></p> <p>Grandparent &amp; Grandkid Movie Day: <i>Lyle, Lyle, Crocodile pg. 22</i></p>							<p><b>CLOSED</b></p> <p><b>Independence Day</b></p>							<p>Grandparent Movie Day: <i>Lig</i></p> <p>Hearing Scee</p>						
<b>9</b>							<b>10</b>							<b>11</b>													
							<p><i>Line Dance Step Workshop pg. 19</i></p> <p>Hands Speak pg. 23</p> <p>The Heart and Soul of Motown pg. 23</p> <p>This Drink Is On Me: Coaster Making pg. 18</p>							<p><i>Massage pg. 28</i></p> <p>Take A Back Seat pg. 28</p> <p>Garden Club pg. 23</p> <p>Volunteer Open House pg. 23</p> <p>Support After Loss pg. 23</p>							<p>Put You Fruit Fow</p> <p>The Spac Discovery</p> <p>Eyeglass and Adjustme</p> <p>Quilting Day Decoratio</p>						
<b>16</b>							<b>17</b>							<b>18</b>													
							<p><i>Shop 'Til You Drop pg. 24</i></p> <p>1-on-1 Medicare Consultations pg. 24</p> <p>Crochet: Kitchen Towel Holders pg. 18</p> <p>The Making of a Movie pg. 24</p>							<p>Book Club pg. 25</p> <p>Painting Workshop pg. 18</p> <p>A True Friend pg. 25</p> <p>Right Up My Alley: Bowling pg. 25</p>							<p>Computer Assi</p> <p>Beat the Summ</p> <p>The Good Kind</p>						
<b>23</b>							<b>24</b>							<b>25</b>													
							<p><i>Crochet: Granny Ripple Afghan pg. 18</i></p> <p>A Taste of Tomatoes pg. 26</p> <p>Sing It Loud, Sing It Proud: Karaoke pg. 26</p>							<p>An Invasion of Space pg. 26</p> <p>Dizzy Spell pg. 29</p> <p>Computer Assistance pg. 27</p>							<p>A Picture P Snapshot p</p> <p>Pharmacolo</p> <p>Hearing Aid C Maintenance</p> <p>Quilting Double Qu</p>						
<b>30</b>							<b>31</b>																				
							<p><i>A New Reality pg. 27</i></p> <p>Sitting Pretty On A Fixed Income pg. 27</p>																				



# 2023

Wednesday	Thursday	Friday	Saturday
			1
5 & Grandkid htyear pg. 22 nings pg. 28	6 What's for Lunch? pg. 22 Coffee with a Cop pg. 22 Get to Know Fayette Senior Services pg. 22	7 Cornhole pg. 23 Caring For You pg. 28 Outwit Your Smart Phone pg. 22	8
12 ur Best ard pg. 24 e Shuttle y pg. 23 Repair ents pg. 28 r: Christmas ns pg. 18	13 Movie Day pg. 21 Express Lunch pg. 27 Stuck On You: Nail Pampering pg. 24 Sending Positivi-tea pg. 28	14 Red, White & Food pg. 15 The Face of Fayette pg. 24	15
19 istance pg. 27 er Heat pg. 28 of Fat pg. 28	20 The Grape Escape pg. 25 Lunch & Learn: Down to the Details pg. 25 Dementia Caregiver Support Group pg. 25	21 Cornhole pg. 23 Up in the iCloud pg. 26 Raiders of the War pg. 26	22
26 Perfect og. 15 gy pg. 29 Cleanings & ce pg. 29 g Day: ick pg. 18	27 Movie Day pg. 21 Express Lunch pg. 27 Book Club pg. 26 Mobile Escape Room pg. 15	28 Take Cover pg. 26 Movie Day pg. 21 Bean Bag Baseball pg. 26	29

# July Program Schedule

## Needlework

### Crochet: Kitchen Towel Holders

FAYETTEVILLE  
Monday, July 17  
10 a.m. to 12 p.m.  
\$5

Pre-registration required  
Instructor: Nancy Crow

Keep your towel handy by hanging it easily from your oven door. Materials needed: 1 ball kitchen cotton (Sugar and Cream or similar yarn); crochet hook size H. Beginner level. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Crochet: Granny Ripple Afghan

FAYETTEVILLE  
Monday, July 24  
10 a.m. to 12 p.m.  
\$5

Pre-registration required  
Instructor: Nancy Crow

A new twist on the ripple pattern. Get ready for the holiday in time by making it in Christmas colors or use colors of your choice for any occasion. Materials needed: Pound of Love yarn, 1 skein each in 3 colors of your choice (red, green and white if Christmas themed); crochet hook size I. Save time in class, make chain 170 ahead of time. Intermediate level. Contact Nancy at [icrochet2@bellsouth.net](mailto:icrochet2@bellsouth.net) with questions.

### Quilting Day: Christmas Decoration

FAYETTEVILLE  
Wednesday, July 12  
8 a.m. to 4 p.m.

\$25 | Materials not included  
Pre-registration required  
Instructor: Darlene Hubble

Before we know it, Christmas will be upon us. Let's start on those ornaments and Christmas trees, or better yet a table topper. Choose your favorite holiday fabric and create a great masterpiece. Materials list and picture available at front desk. Must provide your own sewing machine. Some quilting experience required, not for beginners.

### Quilting Day: Double Quick

FAYETTEVILLE  
Wednesday, July 26  
8 a.m. to 4 p.m.

\$20 | Materials not included  
Pre-registration required  
Instructor: Darlene Hubble

Inspire yourself by creating a Christmas quilt or a log cabin topper to decorate your wall or table. Materials list and picture available at front desk. Must provide your own sewing machine. Some quilting experience required, not for beginners.

## Creative Pursuits

### This Drink Is On Me: Coaster Making

FAYETTEVILLE  
Monday, July 10  
10 a.m. to 11 a.m.

FREE  
Pre-registration required  
Instructor: Dana Samples

Bring out your crafty side with this creative project

that is for all levels of crafters. Make 4 coasters to take home and use or give as a gift to others. Get in the summer spirit with these perfect drink holders to catch all the condensation your cup creates. These adorable painted coaster sets will fit in perfectly with your summer décor, great for your table and your drink! Dana Samples with Brightmoor Hospice will have 4 designs for each set – watermelon, lemons, lime and sunflowers.

## Painting Workshop

PEACHTREE CITY  
Tuesday, July 18  
10 a.m. to 12 p.m.

\$40 | Includes materials  
Pre-registration required  
Instructor: Kathy Brewer

Paint a picture by following along step-by-step with the instructor – you'll be surprised by what you're capable of! See the front desk for a sample picture. This month, paint an elegant summer daisy field.

## Dance

### Peachtree City Beginner I Line Dance

PEACHTREE CITY  
Tuesday  
11:30 a.m. to 12:30 p.m.

\$15 | Month  
Instructor: Stella Joshua

For those who are new to line dance. Learn the basic dance steps, dance terminology, and some of the popular party, reunion, and reception dances.

## **Peachtree City Beginner II Line Dance**

PEACHTREE CITY

Tuesday

12:30 p.m. to 1:30 p.m.

\$15 | Month

Instructor: Stella Joshua

For those who have had at least six months of Beginner I Line Dance. This class develops more complex dances, steps, and turns.

## **Beginner Line Dance**

FAYETTEVILLE

Tuesday

12 p.m. to 1 p.m.

\$15 | Month

Instructor: Eddie Huffman

Keep those line dancing moves sharp! This class is designed for those who have at least six months experience in dancing. Dancing is the best activity to keep your mind sharp and focused. Take the quarterly step workshop too in order to enhance your experience, learn proper dance steps and line dance etiquette.

## **Improver Line Dance**

FAYETTEVILLE

Tuesday

11 a.m. to 12 p.m.

\$15 | Month

Instructor: Eddie Huffman

Keep advancing and become a line dance expert in no time. For those who have had at least 12 months of Beginner Line Dancing. When you reach the Improver level, you are on your way to learn a myriad of new and fun challenging dances. Remember line dancing is excellent for mind, body and social networking. Reach out and connect to workshops, seminars, and open dance parties in order to reach

your maximum capacity.

## **Free Moves Line Dance**

FAYETTEVILLE

Fridays

10 a.m. to 12 p.m.

FREE

Pre-registration required

Enjoy a morning of dancing during this self-led group. Gather together to move to the music. This is just a casual dance and not instruction based. No teacher will be present, just members who love dancing!

## **Line Dance Step Workshop**

FAYETTEVILLE

Monday, July 10

10:30 a.m. to 12 p.m.

\$10

Instructor: Eddie Huffman

This workshop will teach beginners dance steps in an iterative progressive method. Learn and practice to short music segments while concentrating on steps and their names, not dances. Build dance knowledge and muscle memory for greater confidence in your line dance classes.



## **Fitness**

### **A Breath of Wellness**

PEACHTREE CITY

Monday and Wednesday

10:30 a.m. to 11:30 a.m.

\$35 | Month

Instructor: Suzanne Lawhead

Look what is coming our way, register now! Classes beginning August 2023. Experience the endless health benefits of guided

meditation, deep breathing and stretching the body. Slow down and immerse yourself in this time of relaxation and healing. Focus on lowering your heart rate, bringing your blood pressure down, and calming your central nervous system – three things essential for optimum health and well-being. Class will be done on the floor, so bring a mat and small pillow with you.

## **Fit For Life**

FAYETTEVILLE

Monday

10:30 a.m. to 11:20 a.m.

\$15 | Month

Pre-registration required

Instructor: Euriel Reynolds

Look what is coming our way, register now! Classes beginning August 2023. Strength training is not all about building muscles. As we age, it provides an abundance of benefits. Toning and building strength contributes to better coordination, balance, mobility and overall health, to name a few. Use hand weights, elastic bands and balls to strengthen muscles and increase range of motion during this full body workout for all fitness levels.

## **Tai Chi**

FAYETTEVILLE

Thursday

2:30 p.m. to 3:30 p.m.

\$25 | Month

Instructor: Billy Huber

Tai Chi provides a safe, gradual way to improve flexibility, increase circulation, reduce stress, strengthen bones, lower blood pressure, and increase overall fitness. In this class, you'll learn simple movements that build and focus on healing energy.

## Chair Yoga

PEACHTREE CITY  
Thursday  
8:45 a.m. to 9:45 a.m.  
\$25 | Month  
Instructor: Lori Clark

Chair yoga is a gentle yoga practice in which poses are performed in a chair or aided by a chair while standing on a mat. This class will build strength, balance, and flexibility, while incorporating breathing exercises and meditation to calm the body and mind and increase awareness.

## Dance and Tone

PEACHTREE CITY  
Thursday  
10 a.m. to 11 a.m.  
\$25 | Month  
Instructor: Lori Clark

Make your workout more fun as you dance and tone during this class. This easy to follow dance session will include a warm-up, simple dance routines combined with toning exercises utilizing light weights, followed by a cool down and stretch. Boost your cardiovascular fitness, tone your muscles, and improve your coordination and memory in an interactive way that doesn't feel like your typical workout.

## Cardio, Core & More

PEACHTREE CITY  
Thursday  
12 p.m. to 12:50 p.m.  
\$10 | Month  
Instructor: Miriam Jones

If early morning workouts aren't your thing, this is the class for you! Miriam feels your pain and is happy to reciprocate! Join for a fun and different mix of effective, yet easy-to-follow

exercises that will strengthen your body and enhance your mood. Bring a mat.

## Yoga: Fayetteville

FAYETTEVILLE  
Friday  
8:45 a.m. to 9:45 a.m.  
\$20 | Month  
Instructor: T. Michael

A form of mind-body exercise that combines standing, sitting, and balancing postures to bring strength, flexibility, and calm.

## Yoga: Fayetteville Zoom Live Session

Via Zoom from your home  
Friday  
8:45 a.m. to 9:45 a.m.  
\$20 | Month  
Instructor: T. Michael

This will feature the Yoga class live via Zoom so you can participate in the same great class in your home.

## Power Aerobics

FAYETTEVILLE  
Tuesday and Thursday  
7:40 a.m. to 8:30 a.m.  
\$20 | Month  
Instructor: Miriam Jones

These super fun, up-tempo total body workout sessions are designed to strengthen your muscles and core while simultaneously improving balance, coordination, and flexibility. Prepare to be safely challenged as no workout is ever the same. You'll gain energy and friendships. Each Thursday workout includes floor work so bring a mat that day. Modifications provided.

## Intermediate I Aerobics

FAYETTEVILLE  
Tuesday and Thursday  
8:40 a.m. to 9:30 a.m.  
\$20 | Month

Instructor: Miriam Jones

Whether you're a fitness enthusiast or dread the idea of exercise, this is the class for you. Take the routine out of fitness. These total body workouts are never the same and will have you feeling stronger and more energized. Each workout is designed to improve endurance, strength, flexibility, coordination, core, and brain function. Modifications provided.

## Intermediate I Aerobics: Zoom Live Session

Via Zoom from your home  
Tuesday and Thursday  
8:40 a.m. to 9:30 a.m.  
\$20 | Month per class  
Instructor: Miriam Jones

This will feature the Intermediate I Aerobics class live via Zoom so you can participate in the same great class in your home.

## Intermediate II Aerobics

FAYETTEVILLE  
Tuesday and Thursday  
9:40 a.m. to 10:30 a.m.  
\$20 | Month  
Instructor: Miriam Jones

This total body workout will leave you feeling stronger and more energized. Start your morning off twice a week with Miriam as she provides a great session intended to get you moving and feeling better throughout each week. Each workout is designed to improve endurance, strength, flexibility, coordination, core, and brain function. Modifications provided.

## Stretch for Movement

FAYETTEVILLE  
Wednesday  
9:45 a.m. to 10:30 a.m.  
\$10 | Month  
Instructor: Miriam Jones

A series of simple and easy-to-follow stretch combinations to improve your balance, coordination, and range of motion.

### Stretch for Movement: Zoom Live Session

Via Zoom from your home  
Wednesday  
9:45 a.m. to 10:30 a.m.  
\$10 | Month  
Instructor: Miriam Jones

This will feature the Stretch for Movement class live via Zoom so you can participate in the same great class in your home.

### Stretch for Movement Pre-recorded Sessions

FAYETTEVILLE  
Monday  
9 a.m. to 9:45 a.m.  
\$10 | Month  
Instructor: Miriam Jones

Grab an extra day of this great stretch class. We'll feature one of Miriam's previously recorded stretch for movement sessions on our projector screen. A series of simple and easy-to-follow stretch combinations to improve your balance, coordination, and range of motion.

### Walking Group: Fayetteville

FAYETTEVILLE  
Wednesday  
2 p.m. to 2:45 p.m.  
FREE  
No pre-registration required

Meet inside the FSS lobby to increase your success by walking with a partner(s). 150 minutes per week of cardiovascular activity promotes heart health and lowers the risk of many other ailments. Improve physical fitness with a dose of cardio. Self-led group.

### Walking Group: Peachtree City

PEACHTREE CITY  
Thursday  
10 a.m.  
FREE  
No pre-registration required

Meet at the Gathering Place to check in and then take advantage of the paths around the center to add social interaction with a dose of cardio. Self-led group.

### Tai Chi Club

FAYETTEVILLE  
Tuesday  
2 p.m. to 4 p.m.  
FREE  
No pre-registration required

This self-lead group meets

to practice their form together. This is not instruction based and previous Tai Chi experience is needed. Tai Chi provides a safe, gradual way to improve flexibility, increase circulation, reduce stress, strengthen bones, lower blood pressure, and increase overall fitness.



### Aloha to Hula Dancing

PEACHTREE CITY  
Wednesdays in July  
10:30 a.m. to 11:15 a.m.  
FREE  
FSS Member exclusive  
Pre-registration required

## The Center Box Office

### Member exclusive | Pre-registration required

PEACHTREE CITY  
Thursday, July 13 | 1:15 p.m.  
*Father Stu* (2022) | R

Starring: Mark Wahlberg, Mel Gibson, Jacki Weaver. In this fact-based drama, Stuart Long is an angry agnostic when he arrives at college. But after a failed boxing career and a near-fatal motorcycle wreck, he discovers the faith that leads to his redemption and, eventually, the priesthood.

PEACHTREE CITY  
Thursday, July 27 | 1:15 p.m.  
*The Whale* (2022) | R

FAYETTEVILLE  
Friday, July 28 | 1:15 p.m.  
*The Whale* (2022) | R

Starring: Brendan Fraser, Sadie Sink. Racked with guilt over abandoning his family, Charlie is eating himself to death. But the now-600-pound English professor may yet find redemption when he reconnects with his teenage daughter.

Movie sponsored by:



Get in the flow with Tupua, of Arbor Terrace, and learn to Hula. This traditional Hawaiian dance is unique, fascinating to learn, and a great workout. A trip to Hawaii is incomplete without a hula performance, and here is your chance to bring the Island culture to Georgia. Aloha!

## **A Surrender for the End**

FAYETTEVILLE

Monday, July 3

1:30 p.m. to 2:30 p.m.

FREE

Members and non-members

Pre-registration required

On April 9, 1865, the Civil War came to a halt as General Robert E. Lee surrendered to General Ulysses S. Grant in Virginia. Although the war wasn't formerly ended until 16 months later, many argue that Lee's surrender was a sure sign of the conclusion. Jim Scott shares the timeline of General Lee's submission and discusses how it was one of the most momentous events in American history.

## **Grandparent & Grandkid Movie Day: Lyle, Lyle, Crocodile**

PEACHTREE CITY

Monday, July 3

1:30 p.m.

FREE

Member exclusive

Pre-registration required

Bring out your grandkids or come by yourself for a wonderful afternoon movie at the center. We will be showing *Lyle, Lyle, Crocodile* (PG). When the Primm family moves to New York City, their young son Josh struggles to adapt to his new school and new friends. All of that changes when he discovers Lyle - a singing crocodile who loves baths, caviar and great music-

living in the attic of his new home. The two become fast friends, but when Lyle's existence is threatened by evil neighbor Mr. Grumps, the Primms must band together with Lyle's charismatic owner, Hector P. Valenti, to show the world that family can come from the most unexpected places and there's nothing wrong with a big singing crocodile with an even bigger personality.

## **Grandparent & Grandkid Movie Day: Lightyear**

FAYETTEVILLE

Wednesday, July 5

1:30 p.m.

FREE

Member exclusive

Pre-registration required

Bring out your grandkids or come by yourself for a wonderful afternoon movie at the center. We will be showing *Lightyear* (PG). Enjoy one of Disney and Pixar's newest animated films that shares the origin story of Buzz Lightyear and the hero who inspired the toy from Toy Story. While spending years attempting to return home, marooned Space Ranger Buzz Lightyear encounters an army of ruthless robots commanded by Zurg who are attempting to steal his fuel source.

## **Coffee with a Cop**

FAYETTEVILLE

Thursday, July 6

10 a.m. to 12 p.m.

FREE

Members and non-members

Pre-registration required

The Fayetteville Police Department will be joining us for some morning coffee. Ask any questions you may

have or just say hello when you drop in at any point during this time to have a chance to share a cup of coffee and meet some of Fayetteville's local law enforcement.

## **What's for Lunch?**

PEACHTREE CITY

Thursday, July 6

11:30 a.m.

FREE

Member exclusive

Pre-registration required

Meet us at a local restaurant for an afternoon out with great friends! FSS will make reservations and everyone will meet there to enjoy time with others. Must be registered to attend due to reservation numbers. This month, lunch will be at Craft & Crust Pizza in Sharpsburg.

## **Get to Know Fayette Senior Services**

PEACHTREE CITY

Thursday, July 6

1:30 p.m. to 2:15 p.m.

FREE

Members and non-members

Pre-registration required

Learn more about the programs, opportunities to get involved and social services offered by our organization and how to take advantage of them when needed. We are here to help you age well and live well!

## **Outwit Your Smart Phones**

PEACHTREE CITY

Friday, July 7

11:30 a.m. to 3:30 p.m.

FREE

Member exclusive

Pre-registration required

You've finally got a trusty smart phone that seems smarter than you! We all feel that way when we get a new

phone or can't figure out the one we have and here is your chance to get one-on-one help for the specific questions you have. Gabriel Curtidor with LifeLine Repairs will sit down with you and help you outwit your phone, once and for all. Bring phone with you.

## Cornhole

PEACHTREE CITY  
Friday, July 7  
11 a.m. to 12 p.m.  
FREE  
Member exclusive

PEACHTREE CITY  
Friday, July 21  
11 a.m. to 12 p.m.  
FREE  
Member exclusive

Bring out your competitive side or just join for a little fun and socialization, either way you'll have a blast! Competitive league cornhole champion Denny Danylchak shares his love for the game and brings it to us at Fayette Senior Services. Enjoy time with friends while sharpening your skills and mastering the game of cornhole during these monthly games!

## The Heart and Soul of Motown

FAYETTEVILLE  
Monday, July 10  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Let the music move you and take you back in history as Robyn and L'Tanya with Simply Awesome Entertainment brings her passion for Motown all the way down to Fayette Senior Services. This music sensation changed America and became one of the most

influential sounds of the 20th century. Break through the music notes for an overview of this genre and bring out the soul of this beautiful sound. Motown music will be incorporated throughout to help tell the story and also enjoy the sounds and style live as musician Donnie Long performs at the end.

## Hands Speak

PEACHTREE CITY  
Monday, July 10  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

American Sign Language (ASL) has long connected many people of the deaf community to communicate with others! Have you ever been interested in learning sign language? Join J Primous, owner of DEAFinitely Connected, who has over 20 years of experience with ASL to discover more about this incredible language. Focus on the background of ASL and how it was developed, hear about stories of strength from kids to adults in the deaf community, and learn a few basic signs. Not only may it come in handy when speaking to others, but it is also engaging and great for our minds!

## Garden Club

FAYETTEVILLE  
Tuesday, July 11  
9:30 a.m.  
Members and non-members  
No pre-registration required

If you have a green thumb, love gardening and are interested in volunteering, join the Garden Club! Learn about ongoing projects and ways you can get involved. For more information,

contact Amber Oliver at [aoliver@fayss.org](mailto:aoliver@fayss.org).

## Support After Loss

FAYETTEVILLE  
Tuesday, July 11  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Losing someone you love is one of the hardest things to face, and learning how to navigate what needs to be done after the loss can make it even more difficult. Alicia Lipscomb with the Social Security Administration is here to support you when you lose a family member. SSA not only provide guidance, but also valuable information regarding any benefits you may be entitled to. Get an overview of how to contact Social Security when someone passes away, eligibility requirements for survivor benefits as well as details about the application process so you are prepared in advance.

## Volunteer Open House

FAYETTEVILLE  
Tuesday, July 11  
2 p.m.  
Members and non-members  
No pre-registration required

If you are an FSS volunteer or are interested in becoming one, join us for our monthly meeting! Meet with other volunteers, learn about upcoming events, current volunteer opportunities, and get Center news and updates.

## The Space Shuttle Discovery

PEACHTREE CITY  
Wednesday, July 12  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Hear the story of one of the most complex space shuttle missions ever executed. It was 1991, and the Space Shuttle Discovery had just put the Hubble Space Telescope into orbit the year before. Next up was the first real Star Wars mission for proof of technology in orbit. Eric Imker, Mission Program Manager, presents the now declassified details. Did President Reagan's Star Wars program contribute to winning the Cold War? From inception, technology development, astronaut training, lift off to satellite release and recapture and post mission data analysis, it was a long and delayed mission!

## Put Your Best Fruit Forward

FAYETTEVILLE

Wednesday, July 12

1:30 p.m. to 2:30 p.m.

FREE

Members and non-members  
Pre-registration required

Sure, we know you can get most fruits year round, but nothing quite beats biting into a fresh, in-season fruit. You know that juicy, flavor-packed first bite that just makes you sigh in delicious waves of taste? Erin Guy with Georgia Farm Bureau provides us with the best advice to getting the freshest summer fruits fit for the season. Learn which fruits are best in Georgia during summertime such as blueberries, peaches and watermelon, and where to find them locally sourced. She'll also include a food demo and tasting using some fresh fruit!

## Stuck On You Nail Pampering

FAYETTEVILLE

Thursday, July 13  
10 a.m. to 12 p.m.

\$15

Member exclusive  
Pre-registration required

Enjoy an afternoon of pampering as Christina Zepeda joins us to spruce up your nails! Choose from a variety of colors and sit back and relax as she uses this unique Color Street Nail strips. These nail polish strips are 100% nail polish that are created as stickers meant to fit your exact nail shape and mimic the appearance of a salon-quality manicure without the actual painting of your nails. They are mess free and long lasting, offering a great alternative to your typical polish!

## The Face of Fayette

FAYETTEVILLE

Friday, July 14

1:30 p.m. to 2:30 p.m.

FREE

Members and non-members  
Pre-registration required

Constructed in 1825, this iconic piece of Fayette County is the oldest courthouse in Georgia. The Old Fayette County Courthouse has been a beautiful part of our story for centuries. Debi Riddle with the Fayette County Historical Society shares the long history of the courthouse. Twice it was almost lost, but it still stands strong and keeps evolving over the years. Take in a bit of local history of this unique center of our county and hear names and stories associated with it from years gone by.

## 1-on-1 Medicare Consultations

PEACHTREE CITY

Monday, July 17  
10 a.m. to 2 p.m.

FREE

Members exclusive  
Pre-registration required

A representative with Georgia Cares will meet one-on-one with Medicare beneficiaries and their families. Georgia Cares is a State Health Insurance Assistance program that provides free, non-biased information about Medicare.

## Shop 'Til You Drop

FAYETTEVILLE

Monday, July 17

1:30 p.m. to 2:30 p.m.

FREE

Members and non-members  
Pre-registration required

Shopping online has created a simple and convenient way of getting what we need delivered right to our doorsteps with the simple click of a few buttons. With online shopping comes the responsibility of keeping your information secure. Cory Gambardella with Somerby will share tips for shopping online, from where to find what you need to keeping your personal and payment information safe. In addition, learn about recognizing safe and reliable websites, keeping track of purchases and payments, and other helpful hints.

## The Making of a Movie

PEACHTREE CITY

Monday, July 17

1:30 p.m. to 2:30 p.m.

FREE

Members and non-members  
Pre-registration required

Local film producer and writer, Derek Bailey, turns the reels as he shares his story from war veteran to director. Derek served as a broadcaster in



the Iraq war, filming and using editing software that is similar to what they use in Hollywood. After retiring from the military, Derek now resides in Fayette County where he has been writing, producing and now directing his very own film, *Deadline*. He'll share stories of how his filming career began and how it has blossomed into what it is today. In addition, hear about the full process of putting together a movie from the early days of ideas to post production and finally getting the film to the big screen.

## A True Friend

FAYETTEVILLE

Tuesday, July 18

1:30 p.m. to 2:30 p.m.

FREE

Members and non-members  
Pre-registration required

One of the key components for our mental health as we age are the choices we make for interacting with our personal friendships. Interacting with friends can be a special time, but do you know of any ways to make it even more impactful? Retired psychologist, Dr. James Hughey shares his secrets to the "3 H's." When you are with your friends, think about either verbally or non-verbally asking, "Do you want me to Help, Hear, or Hug you?" Get a better understanding and in-depth meaning of what he means by this and how it can grow even the strongest of friendships. If you'd like, check out his Power for Positive Living website [www.pfpl.us](http://www.pfpl.us) prior to class.

## A Novel Idea Book Club

PEACHTREE CITY

Tuesday, July 18

1:45 p.m.

FREE

Member exclusive

No pre-registration required

July book: *American Dirt* by Jeanine Cummins. August book: *Beautiful Country* by Qian Julie Wang. For more information, please contact Meghan Caton at [megcaton@gmail.com](mailto:megcaton@gmail.com).

## Right Up My Alley: Bowling

PEACHTREE CITY

Tuesday, July 18

4 p.m. to 5 p.m.

\$10

Member exclusive

Pre-registration required

Bowl like royalty at Royal Lanes Social in Peachtree City! Show off your bowling talent or just come and join us for a little fun, either way you'll have a blast. We have two lanes of ten-pin bowling reserved just for Fayette Senior Services members. Meet at the bowling alley – 200 Northlake Drive in Peachtree City – and all is ready to go, including one game and shoe rental. Drinks and food not included in price, but you are welcome to enjoy that at your own expense once there! Now go get your strike on!

## Lunch & Learn: Down to the Details

FAYETTEVILLE

Thursday, July 20

11 a.m. to 1 p.m.

\$10 | Includes lunch

Members and non-members

Pre-registration required

There may come a time when you're ready to downsize and your current home is just too big for where you are in your life! Selling your home and downsizing can be overwhelming. Join

Monica Hyder with Caring Transitions and Realtors Tonya and Tom Byrd with The Byrd Group at Keller Williams as they help take away some of the stress of it all. Learn about traditional versus non-traditional ways of selling your home and discover which route may serve you best. From putting your home on the market to simply selling without any prep work, there are many options to consider. In addition, get tips for downsizing, decluttering, and determining what you should take with you!

## Dementia Caregiver Support Group

PEACHTREE CITY

Thursday, July 20

1:30 p.m. to 3 p.m.

FREE

Members and non-members

No pre-registration required

For more information, contact Lynnette Dunn at 770-506-1538 or by email at [lynnette.dunn@piedmont.org](mailto:lynnette.dunn@piedmont.org).

## The Grape Escape

PEACHTREE CITY

Thursday, July 20

2 p.m. to 3:30 p.m.

\$20

Member exclusive

Pre-registration required

Wine connoisseur Eric Trout, will be on hand to pass along all his expertise about wines. Join in the fun for a monthly educational program related to different wines, regions, countries, and more. Get information on the monthly choice and become a wine expert in no time. This month, learn about refreshing whites for summertime.

## Up in the iCloud

FAYETTEVILLE

Friday, July 21

2 p.m. to 3 p.m.

FREE

Members and non-members  
Pre-registration required

We're sure you've heard of the term iCloud if you have an Apple device, but that doesn't mean it's clear what it is! Using iCloud will help you seamlessly sync your files, media, photos, apps, and so much more across your Apple devices. Join tech expert Byron Salguero as he helps us discover how to access and use this useful service and provides tips for making it more simple and easy to understand.

## Raiders of the War

PEACHTREE CITY

Friday, July 21

1:30 p.m. to 2:30 p.m.

FREE

Members and non-members  
Pre-registration required

Most of the Civil War was fought by formal armies on the battlefield, but there were exceptions on both sides. Throughout the American Civil War, units of partisan rangers fought bloody campaigns against enemy soldiers. Call them Guerrillas or irregulars, these men didn't always follow the rules of war. Historian Robert Jones will examine the role of the irregulars in the Civil War and share the stories of some of the most well-known raiders and the crusades they led. Robert will be joining us via Zoom.

## Sing It Loud, Sing It Proud Karaoke

FAYETTEVILLE

Monday, July 24

1 p.m. to 2:30 p.m.

FREE

Member exclusive

Pre-registration required

Just because you can't sing, doesn't mean you shouldn't! If you have a voice worth showing off, come on out and share with everyone! Warm up those vocal cords and join us for some Karaoke. Karaoke gurus Vince and Carla Cloud will make this interactive and noteworthy afternoon something we'll be talking about - or better yet singing about - for a while.

## A Taste of Tomatoes

PEACHTREE CITY

Monday, July 24

1:30 p.m. to 2:30 p.m.

FREE

Members and non-members  
Pre-registration required

We are in the height of tomato season, which means we are surrounded by these juicy, ripe and mouthwatering tastes! Did you know how many different types of tomatoes there are and that each one brings a different flavor to the table? Kim Toal with Fayette County Extension shares information about the most common types you may see and will bring a few for us to taste and discuss. Please bring 2 to 3 of your favorite tomatoes to share with the class for the tastings and discussion.

## An Invasion of Space

FAYETTEVILLE

Tuesday, July 25

1:30 p.m. to 2:30 p.m.

FREE

Members and non-members  
Pre-registration required

Invasive species can really impact an area

and the ecosystem as a whole. Chante Lively, Conservationist with Newman Wetlands Center, identifies these non-native and over-abundant species found in our wetlands during this interactive session. Learn how to spot them, their effects on the environment and how conservationists manage their impact.

## P"age" Turners Book Club

FAYETTEVILLE

Thursday, July 27

1:30 p.m.

FREE

Member exclusive

No pre-registration required

July book: *Agent Sonya* by Ben Macintyre. August book: *The Book of Lost Names* by Kristen Harmel. For more information, please contact Heidi Williams at [jmwhome8332@gmail.com](mailto:jmwhome8332@gmail.com).

## Bean Bag Baseball

PEACHTREE CITY

Friday, July 28

11 a.m. to 12 p.m.

FREE

Member exclusive

Pre-registration required

One, two, three strikes you're out at the baseball board! Yes, we said that right... bring out your competitive side with this exciting combination of baseball and cornhole. We'll split into two teams as we head up to bat and toss the bean bags for our "hit". Sink it in one of the many holes to determine if you hit a home run, get a base hit, make an out, or strike out. No previous experience needed to join in the fun!

## Take Cover

PEACHTREE CITY

Friday, July 28  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

The world of insurance can be complex and vast, but it doesn't have to be as complicated as it seems. Kathy Workman with BeneTrend shares the secrets to your insurance options. Get an overview of the different types of insurances available, which are the most important to have, what role they play and how they layer nicely with Medicare. Get tips on what to look for when shopping around and red flags to be aware of!

## Sitting Pretty On A Fixed Income

PEACHTREE CITY  
Monday, July 31  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members

Retirement is not a time to limit you. You worked hard to get to the point of retirement; endless hours put in, vacations missed, sacrifices made. Retirement should be a time where your options open up and you finally have time to do all the things you love! But with that, comes money. Join Brandon Jordan with Arch Advisory as he shares tips to living on a fixed income. Expand your horizons on retirement finances with simple tips on budgeting, cutting bills, and finding new ways to stretch your dollar. Gain insight on a different way to look at money throughout retirement.

## A New Reality

FAYETTEVILLE  
Monday, July 31  
1:30 p.m. to 2:30 p.m.

FREE  
Members and non-members  
Pre-registration required

Virtual reality seems farfetched, but it is here and popular, especially among the younger crowd. Here is your chance to see what it's all about. Join tech expert Samuel Tisdale as he discusses in-depth ways virtual reality is in the computer-generated environment with scenes and objects that appear to be real. Immerse yourself in the surroundings as he has a set for each person to briefly try out to experience it for yourself. Please note, this may not be best suited for someone with fall risk.

## Express Lunch

PEACHTREE CITY  
Thursday, July 13  
12:30 p.m.  
\$10 | Pizza  
Member exclusive  
Pre-registration required

PEACHTREE CITY  
Thursday, July 27  
12:30 p.m.  
\$10 | Pizza  
Member exclusive  
Pre-registration required

Enjoy a delicious lunch delivered right here at FSS! This month, lunch will include a couple of slices of pizza, a side salad, a cookie, and a drink.

## Trivia

FAYETTEVILLE  
Fridays  
1:30 p.m. to 3 p.m.  
FREE  
Member exclusive  
No pre-registration required  
Host: Linda Abbott

It's not who you know, it's what you know. Join Quiz Queen Linda Abbott for a

little friendly competition. Form teams or take 'em on yourself. Answer questions from a variety of categories and test your knowledge.

## Dulcimer

FAYETTEVILLE  
Wednesday  
11 a.m. to 12:30 p.m.  
FREE  
Member exclusive  
No pre-registration required

Learn to play the dulcimer, a string instrument native to the Appalachian region of the United States. Don't be shy – you don't need to know how to play or read music to join in the fun! A practice dulcimer will be provided by instructor if necessary. All levels welcome.



## Computer Technology Assistance

PEACHTREE CITY  
Wednesday, July 19  
1 p.m. to 4 p.m.  
FREE  
Member exclusive  
Pre-registration required

FAYETTEVILLE  
Tuesday, July 25  
1 p.m. to 4 p.m.  
FREE  
Member exclusive  
Pre-registration required

Bring in your laptop and questions about your computer for 1-on-1 assistance. Lance Collins with PTC Techs will assist with computer technology troubleshooting, removal of unwanted programs, antivirus prevention, and general questions. This is not a computer tutor class.



# Wellness

## Hearing Screenings

PEACHTREE CITY  
Wednesday, July 5  
10 a.m. to 12 p.m.  
FREE  
Member exclusive  
Pre-registration required

Huh, What did you say, I didn't hear you? Hearing Life Center will be at FSS just for you. Get a complimentary hearing screening without having to deal with all the doctor office visits.

## Caring For You

FAYETTEVILLE  
Friday, July 7  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

If you are a caregiver for a loved one, you know how important taking care of yourself can be. But putting yourself first is much easier said than done when you're the primary caregiver for someone else. Beth Dow with Home Helpers Home Care discusses caregiver burnout and provides tips for relief, breaks, and the importance of focusing on your own health and happiness so you can provide the best care for others. Remind yourself that sometimes the best care you can give someone else is through taking care of yourself first.

## Massage

FAYETTEVILLE  
Tuesday, July 11  
10 a.m. to 2 p.m.  
\$40 | 30 minutes  
\$60 | 1 hour

Member exclusive  
Pre-registration required  
Masseuse: Tranquil Escape

There are many health benefits to massages including stress reduction, increase in blood flow, improving balance, stimulating the nervous system, helping flexibility, assisting in better sleep, and relieving pain. Treat yourself to a relaxing massage! Enjoy this FSS exclusive discount by booking through us, but meet at their quiet and calming studio for your appointment – 500 W. Lanier Avenue Suite 602 | Fayetteville, GA 30214.

## Take A Back Seat

PEACHTREE CITY  
Tuesday, July 11  
2:30 p.m. to 3:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Back pain can be difficult to deal with and Dr. Josh Davis with First Step Physical Therapy will help us alleviate some of the issues associated with it. Learn an overview of the anatomy and biomechanics of the back as well as common back injuries, how to treat symptoms and easy ways to reduce the pain without painkillers or surgery.

## Eyeglass Repairs and Adjustments

FAYETTEVILLE  
Wednesday, July 12  
11:30 a.m. to 12:30 p.m.  
FREE  
Member exclusive  
No pre-registration required

Dale Klauss with Dale's Optical will be here to perform minor repairs, adjustments, maintenance, and cleaning of your glasses.

## Sending Positivi-tea

FAYETTEVILLE  
Thursday, July 13  
11 a.m. to 12 p.m.  
FREE  
Members and non-members  
Pre-registration required

Drinking tea is a tradition in numerous parts of the world. Enjoyed by so many with an array of options available, a good cup of tea is sometimes just what we need. Not only are they a tasty part of the day, but teas are associated with improved health outcomes as well. Piedmont Women's Heart Program Coordinator Avril James discusses the history of teas and provides an overview of the difference between green, black, and herbal teas. Learn the best ways to brew them and the potential health benefits they offer.

## The Good Kind of Fat

PEACHTREE CITY  
Wednesday, July 19  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members  
Pre-registration required

Not all fats are bad for you, and you better believe that! Some of the tastiest nutritious foods are what they call healthy fats, including omega-3 fatty acids. Dietitian Lamura Poore with Diet To Lifestyle shares the benefits of these omega-3 fatty acids. Learn about what foods are a good source of these anti-inflammatory foods and what role they play in your healthy lifestyle.

## Beat the Summer Heat

FAYETTEVILLE  
Wednesday, July 19  
1:30 p.m. to 2:30 p.m.  
FREE  
Members and non-members

Pre-registration required

Don't let the heat be your excuse for a movement free summer! Piedmont Wellness Center provides tips for staying active during the hot summer months. Get ideas for modified inside workouts if the outside heat isn't for you. Learn how to stay safe in the heat if you are exercising outside and ways to stay on track during summer travel among other things.

## Dizzy Spell

PEACHTREE CITY

Tuesday, July 25

2:30 p.m. to 3:30 p.m.

FREE

Members and non-members

Pre-registration required

Many of us experience vertigo at times, and it's no secret how debilitating it can be. Vertigo is actually a symptom and not

a condition in itself, meaning there are focused treatments for different conditions that can cause vertigo. Bethany Nelson with Pro Health steadies our understanding between vertigo, dizziness, and imbalance, and discusses some of the most common causes, symptoms, and treatments available. Learn what you can do to avoid or lessen the burden and how physical therapy can help.

## Hearing Aid Cleanings & Maintenance

FAYETTEVILLE

Wednesday, July 26

11:30 a.m. to 12:30 p.m.

FREE

Member exclusive

No pre-registration required

Hearing Life Center will be on site to clean hearing aids and perform minor maintenance you may need done.

## Pharmacology

PEACHTREE CITY

Wednesday, July 26

1:30 p.m. to 2:30 p.m.

FREE

Members and non-members

Pre-registration required

Medications can be so helpful in treatment plans, but it is something to be watched closely for how they interact together. Pharmacology is the science of how medications and drugs act on biological systems and how the body responds. Pharmacist Hannah Gray with Walgreens Pharmacy shares insight on medication interaction. Learn why it's important to be on top of your medications and get tips on how to speak with your doctors and pharmacist to make sure they aren't interacting negatively or against each other.

# Look What's Coming in August!

## The Good Ole Days

FAYETTEVILLE

Tuesday, August 1

1:30 p.m. to 2:30 p.m. | FREE

Pre-registration required

*Close your eyes and imagine back when things were simpler and there were a whole lot less worries in the world. Local author Dale Phenicie takes us down memory lane and back to the good ole days.*

## A Watch on WWII

FAYETTEVILLE

Wednesday, August 2

1:30 p.m. to 2:30 p.m. | FREE

Pre-registration required

*Take a look into the many WWII documentaries that are out today as we narrow down some of the best there are. Discuss some of the greatest around and tips for finding more.*

**Registration for these classes will be available when the August newsletter comes out!**

## An Anthology of Peachtree City

PEACHTREE CITY

Thursday, August 3

1:30 p.m. to 2:30 p.m. | FREE

Pre-registration required

*Join some of the local authors who came together to compile a beautiful tribute of poems for our hometown, called Hip Pocket: An Anthology of Peachtree City.*

## Hang Up on Robo Calls

PEACHTREE CITY

Friday, August 4

1:30 p.m. to 2:30 p.m. | FREE

Pre-registration required

*Robo calls seem endless these days, full of scams and automated messages that mean nothing to us. Hang up on these calls once and for all as you learn how to recognize and block them.*



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